

"Friday, Nov. 1st, is the last day to vote early for the Nov. 5th election for statewide ballot issues, and local races."



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# The Dallas Post Tribune

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SERVING THE BLACK COMMUNITY WITHOUT FEAR OR FAVOR SINCE 1947

October 31 - November 6, 2019

## Supporters Ramp up Pressure on African Union to Reinstate Ambassador

By Stacy M. Brown, NNPA Newswire Correspondent

Did African Union Ambassador to the United States Dr. Arikana Chihombori-Quao lose her job because of her outspokenness about France's continued profiting off of her beloved Africa?

Or, is Her Excellency being shown the door because certain powers are exasperated that she's exposed another "scramble for Africa?"

It appears that one – if not both – of those reasonings are true despite both French officials and those inside the African Union have either tepidly denied or have remained mum.

"Dr. Arikana Chihombori-Quao shoots straight from the hip on these matters," Jane Save, a business advocate, wrote on Twitter, where social media users have for weeks expressed their anger over the decision to terminate the Ambassador.

"[You have] the US-Africa summit; the China-Africa summit; Germany-Africa summit; India-Africa summit; and now the Russia-Africa summit. A renewed scramble for Africa? Everyone wants a piece," Save stated.

Jerry Rawlings, the former president of Ghana, said the Ambassador's dismissal raises serious questions about the independence of the AU.

"For someone who spoke her mind about the detrimental effects of colonization and the huge cost of French control in several parts of Africa, this is an act that can best be described as coming from French-controlled colonized-minds," Rawlings said.

Dr. Leonard Jeffries, a long time Pan-Africanist and former professor of Black Studies at the City University of New York, told The Amsterdam News that he agreed with Rawlings. "She spoke too much truth. That was it. She exposed too much, and it became too real."



When Jeffries, uncle to U.S. Rep. Hakeem Jeffries, heard the AU was spreading rumors about Ambassador Chihombori-Quao in an attempt to justify the dismissal, he scoffed.

"She's a woman of integrity who has money in her own right. She's not stealing money to buy some Gucci bag," Jeffries said, according to The Amsterdam News.

An online petition seeking to have the Ambassador reinstated has garnered more than 68,000 signatures. Many of the petitioners said they believe her outspokenness about France's continued profiting from the colonization of Africa led to the termination.

Others said she had called attention to the continued dominance of Africa, and her efforts to unite the continent and Africans throughout the diaspora has ruffled some mighty feathers.

The African Union President's Office spokeswoman Ebba Kalondo has maintained that Ambassador Chihombori-Quao didn't lose her job because of France or her fiery speeches about the scramble for Africa.

"To say that the termination is due to [those opinions] is plainly false," Kalondo said.

However, no specific reason has been provided for the Ambassador's termination.

AU Commission Chair Moussa Faki Mahamat

said only that the Ambassador was removed from office following the Commission's rules.

Located in Addis Ababa, the African Union is an organization consisting of 55 African countries. Founded in May 2001 to replace the Organization of African States, one of AU's stated goals is "to establish the necessary conditions which enable the continent to play its rightful role in the global economy and in international negotiations."

A Ghanaian native, Ambassador Chihombori-Quao took office in 2017. She served in various capacities at the African Union before being nominated African Union Ambassador to the United States.

After almost a year of persuading her to assume leadership as the African Union Permanent Ambassador in the United States representing the 55 countries of the Union, Dr. Chihombori-Quao accepted the position.

"She has led with courage and vigor in galvanizing peoples of African Descent," Prof. Apollos Nwauwa, the Secretary of the African Diaspora Congress, stated.

"Dr. Chihombori-Quao has spoken globally to sensitize and empower all peoples of African Descent to come together and build the 'Africa We Want' as adopted in African Union Agenda 2063," Professor Nwauwa noted.

The unification of the African Diaspora as espoused in AU Agenda 2063 is contrary to the Africa that has been marginalized and pillaged through inequitable colonial and post-colonial contracts, Professor Nwauwa continued.

"Dr. Chihombori-Quao has been outspoken about neo-colonial maneuverings and exploitation that still exist today. Her dissemination of the truth has garnered her attention and support around the world," the professor stated.

"However, not everyone is embracing her bold but honest discourses for effecting change for the betterment of Africa."

### Maintenance and facilities workers are unsung heroes of storm's aftermath



DALLAS — Just hours after the tornado ripped through north and northeast Dallas last Sunday night, October 20, Dallas ISD Maintenance and Facilities workers were on the ground assessing the damage to district schools.

"I've been through hurricanes and widespread damage, but I've never seen

anything like that," said David Bates, Executive Director of Maintenance and Facility Services. "You could see the tornado had just picked up and tossed around cars. It even lifted a storage container and threw it on the roof of a house."

After surveying the initial damage, Bates and his team met after midnight to strategize on where crews should deploy the following morning. At 3 a.m., Bates and a member of his team went into Edward Cary Middle School and Walnut Hill Elementary School to shut off the gas and water that were leaking.

On Monday, October 21, Maintenance and Facility crews started working extraordinarily hard at 12 accessible schools. Crews removed damaged trees and branches, cleared the debris, and repaired roofs; all while working with auditors and contractors to assess the overall damage.

On Tuesday, October 22 and Wednesday, October 23, Maintenance and Facilities workers prepared the buildings that are serving students who displaced by the storm.

"I'm very thankful for our great team that has stepped up to do everything they can to address the aftermath of this tornado and storm," Bates said. "They are so often the unsung heroes."



### Prince's anticipated, posthumous memoir is ready for fans



NEW YORK (AP) — Panic, joy, shock: Dan Piepenbring felt them all when Prince plucked him to collaborate on his first memoir, followed by more shock and profound sadness at news of the superstar's death while the book was in its early stages.

Though the project was thrown into chaos when Prince died on April 21, 2016, of an accidental drug overdose, his estate ultimately decided to press on, allowing Piepenbring and his publishing team free access to the pieces of his life left behind at his beloved Paisley Park, including the contents of his vault.

Now, the highly anticipated collaboration, "The Beautiful Ones," is ready for Prince fans to read as many continue to mourn, propelling the 33-year-old journalist into the spotlight to explain how he sorted it all out.

Continues on Page 6



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# EDITORIAL PAGE

## Billions Lost in Healthcare



By Congresswoman Eddie Bernice Johnson

Supporters of the Affordable Care Act argued that one of the ways to make our nation's healthcare systems more affordable was to cut the tremendous amounts of waste and fraud that we experience in healthcare delivery and implementation. Now a new study further validates one of the basis premises of the legislation

that was passed during the Obama administration which made healthcare insurance affordable to individuals and families which had previously gone uninsured.

The study, published in the Journal of the American Medical Association, describes a healthcare system in which nearly twenty-percent of the monies spent can be labeled as wasteful. Changes in policy and practices could eliminate substantial waste, the lead author of the study, Dr. William Shrank, concludes.

Health economists estimate that approximately 750 billion healthcare dollars are wasted annually in the United States. That represents nearly \$10,000 for each member of the population. At present healthcare spending represents eighteen percent of the nation's economy. That percentage is larger than the percentage spent on the nation's military needs.

According to the study, the highest amount of costs is spent on administration, nearly \$266 billion each year, the study states. The second highest cost is prices for healthcare. Ways must be found to lower the prices that are being paid for healthcare delivery, the study and experienced healthcare experts conclude.

The costs for ineffective and medically unnecessary healthcare procedures are another source of waste, according to the study. Unnecessary hospital admissions, unreasonable costs, a lack of preventive care and procedures, and practices that are of little or no benefit to patients are financially wasteful.

The Affordable Care Act promotes payment of medical professionals to encourage and reward them for quality patient results instead of supporting a system in which medical professionals are paid simply because they attempt a

particular procedure. Such a philosophy is identified as "valued based" under the healthcare law signed into law by President Barack Obama.

A more patient and cost sensitive healthcare system would no doubt lead to increased confidence in our healthcare system. There would be less patient stress and increased trust in the healthcare system if patients believed that their health and not the search for excessive profit were the primary objective of healthcare professionals, according healthcare experts.

**Congresswoman Johnson represents the 30th Congressional District in the United States House of Representatives where she chairs the House Committee on Science, Space and Technology.**

## Master of Comedy Dave Chappelle Receives 'Mark Twain Prize for American Humor'

By Lauren Poteat, NNPA Newswire Washington Correspondent

On Sunday night, Dave Chappelle, the legendary, no holds barred comedian, was awarded the prestigious Mark Twain Prize for American Humor. Gifted with a spirit of perseverance, determination and extreme creative intelligence, the award recognizes Chappelle as one of the world's greatest humorists.

Bestowed only on a select few, including comedic geniuses Eddie Murphy, David Letterman and the late Richard Pryor (who received the inaugural award), Chappelle emphasized the importance of the genre, while also paying tribute to the late Pryor, during his award at the Kennedy Center.

In honor of Chappelle's brilliance and ability to convey more than one thought-provoking message within a single joke, the event brought out a slew of a-list celebrities, all eager to support the clever comedian and his work, including Morgan Freeman, Bradley Cooper, Marlon Wayans, Tiffany Haddish, Keenan Thompson, QTip, Sarah Silverman and Saturday Night Live (SNL) creator, Lorne Michaels, who recounted Dave's 2016 anticipated hosting debut on SNL.

"I knew when the moment came, [Dave would] be ready to perform, yet small doubts about his appearance still lingered until, [he sat down] beside me and everyone in the room and asked if he could read a quote by Toni Morrison," Michaels reminisced, as he delivered the first official remarks of the night.

"This is precisely the time when artists go to work. There is no time for despair, no place for self-pity, no need for silence, no room for fear. We speak, we write, we do language. That is how civilizations heal," Michaels recited. "I knew then, we'd be ok."

A Washington, D.C. native and former student of the Duke Ellington School of Performing Arts (located in the Northwest quadrant of the District of Columbia), Chappelle recounted his love for the arts and an even bigger appreciation for those cultivating those same skills within the youth.

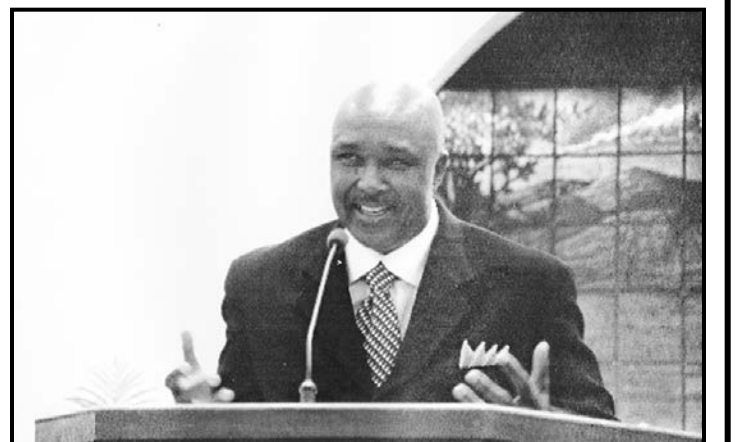


## MUNGER AVENUE BAPTIST CHURCH HONORS AND CELEBRATES with PASTOR W. C. DAVIS

On Sunday, October 20th, words like Praise the Lord, Hallelujah, Thank you Jesus bounced off the walls of the sanctuary of Munger Avenue Baptist Church as the members, family, and friends celebrated the 21st Anniversary/Appreciation Service for Rev. and Sis. W.C. Davis. The worship service was heightened further with praise, prayers, and tears when Pastor Davis announced that the Criminal Case of theft had been dismissed by the District Attorney's office on October 16th.

Rev. Davis who is the 16th Pastor of the 125 year old African – American church has the longest tenure of any pastor had been charged with theft by a long-time deacon, and two individuals who had rejoined the church 1 month prior to making the charges. A group of individuals set out to maliciously prosecute and persecute him by seeking to destroy his name, his reputation, and his ministry through the news outlets, Facebook/Internet, and individuals going door – to – door sharing partial and unsubstantiated documents.

Unfortunately, the big hoopla, fanfare, big television news story was not there to announce his dismissal as they were to pronounce his indictment. Most news outlets choose to report whatever someone says, because it's too expensive to seek out the truth, and there appears to be no money in reporting the truth. Thousands of people who heard about this case will never know that Rev. Davis has been cleared of all charges. Thousands of people who viewed this on Facebook and the internet will never read a retraction. Psalms 119:69 – 70 states, "Though



the arrogant have smeared me with lies, I keep your precepts with all my heart. Their hearts are callous and unfeeling, but I delight in your law."

The unwarranted legal actions of a few has not deterred the regular church services and Sunday the songs of praise, testimonies of the Lord's faithfulness, tributes of honor, and the dynamic message delivered by

Rev. F. M. Davis Pastor of Zion Baptist Church in Denver, Colorado who is the Pastor's brother was a visual testament to "God's Goodness." As followers of Christ, we can expect that people will make false accusations against us but Jesus encourages us in the words of Matthew 5:11 – 12 that says, "Blessed are you when people falsely say all kinds of evil against you because of me. Rejoice and be glad, because great is your reward in heaven."

The theme for the service was, "The Audacity of Faithful Leadership," with the scriptural references 2 Corinthians 4:7 – 10 & 1 Corinthians 2:1 – 5. Rev. Davis religiously related and connected everything that the Pastor and membership has experienced these last four years.

Rev. F. M. Davis's booming voice resonated through the

walls of the sanctuary as he dissected the message, using "The Undeniable Marks of A Champion" as a sub-topic. He challenged the Pastor and congregation using three points. The first was the value of the treasure. Rev. Davis told us to recognize the treasure we have in this earthen vessel. It was given by God and should be used to glorify him. The second point was the vigorousness of the test. He let us know that we all will experience trials and tribulations in this life, but he admonished us to be of good cheer, the Lord had overcome the world. The last point was the victory of the testimony- Rev. F. M. Davis said, "we all should have a testimony of the Lord's Goodness."

The morning service was closed with the remarks given by the honorees. Pastor Wade Davis using words from the Apostle Paul stated, Finally, brothers and sisters, rejoice! Strive for full restoration, encourage one another, be of one mind, live in peace. And the God of peace will be with you.

Although a civil – lawsuit is still pending, his emphasis is to reclaim, restore, rebuild the church, honor God, and encouraged all of us to display God's love to the world around us.

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P. 214-371-2024



Pastor Daryl R. Carter

Sunday School - 8:30 a.m.  
Early Worship - 9:30 a.m.  
Morning Worship - 10:45 a.m.  
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[www.mountmoriahdallas.org](http://www.mountmoriahdallas.org)

**Sunday**  
Morning Worship 11:00 a.m.  
Evening Worship 5:30 p.m.

**Wednesday**  
Prayer Bible Fellowship 7:00 p.m.

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(214) 823-7308  
[www.pilgrimrestdallas.org](http://www.pilgrimrestdallas.org)

**Worship Opportunities**  
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3907-11 Bertrand Street  
Dallas, Texas 75210  
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F. 214-421-9324



Pastor Donald R. Parish, Sr.

**Sunday School**  
9:00 a.m.  
**Sunday Morning Worship**  
11:00 a.m.  
**Monday Morning Worship**  
7:00 p.m.  
**Prayer & Bible Study Meeting**  
7:00 p.m.

**Radio Station**  
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KPYK 1570 AM

## Saint Phillips Missionary Baptist Church

6000 Singing Hills Drive  
Dallas, Texas 75241  
P. 214-374-6631



Rev. Dr. C.J.R. Phillips Jr.

**Email address**  
[stphillipsmbc@att.net](mailto:stphillipsmbc@att.net)

### Schedule of Activities

**Sunday**  
Early Morning Worship  
8:00 a.m.  
Church School  
9:00 a.m.  
Morning Worship  
10:00 a.m.

## CONCORD MISSIONARY BAPTIST CHURCH

6808 Pastor Bailey Dr.  
Dallas, TX 75237  
P. 214-333-3597



Rev. Bryan Carter  
Sen. Pastor

**Sundays**  
8am, 10am, 12noon

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## Dallas West Church of Christ

3510 N. Hampton Rd.  
Dallas Texas 75212  
P. 214-631-5448  
website: [www.dwcc.com](http://www.dwcc.com)



Sammie Berry  
Minister

### Calendar of Events

**Sunday Bible School**  
8:45 a.m.

**Sunday Worship**  
10:00 a.m. & 6:00 p.m.

**Tuesday Song Practice**  
7:00 p.m.

**Wednesday Bible Class**  
9:30 a.m. & 7:00 p.m.

**Sunday Radio Broadcast**  
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## Greenville Avenue Church of Christ

1013 S. Greenville Ave.  
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### Minister S.T. Gibbs, III

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Ben Myers  
Patrick Worthey  
**Elders:**  
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Raymond Hart  
Otis Idlebird, Jr.  
Jason Moseley  
David Phillips, Jr.

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Bible Classes 9:45 a.m.  
Morning Worship 10:45 a.m.  
Bible Classes 5:00 p.m.  
Evening Worship 6:00 p.m.

**WEDNESDAY**  
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Bible Classes 7:00 p.m.

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**House Passes Five Financial Services Bills**  
*Written by Rep. Maxine Waters (CA-43)*



**WASHINGTON** – The U.S. House of Representatives passed five financial services bills, including bills to: close loopholes in and ensure better enforcement of this country's anti-money laundering and Bank Secrecy Act laws, protect investors and help startups finance their operations, require the Consumer Bureau to conduct research on the challenges of unbanked and underbanked consumers, and require the Treasury Secretary to mint several commemorative coins.

**The legislation passed by the House includes:**

**The National Law Enforcement Museum Commemorative Coin Act (H.R. 1865)**, a bill to require the Secretary of the Treasury to mint a coin in commemoration of the opening of the National Law Enforcement Museum in the District of Columbia, and for other purposes. This bill was introduced by Representative Bill Pascrell (D-NJ) and passed by a voice vote.

**The Women's Suffrage Centennial Commemorative Coin Act (H.R. 2423)**, a bill to require the Secretary of the Treasury to mint coins in commemoration of ratification of the 19th Amendment to the Constitution of the United States, giving women in the United States the right to vote. This bill was introduced by Representative Elise Stefanik (R-NY) and passed by a voice vote.

**The Coordinating Oversight, Upgrading and Innovating Technology, and Examiner Reform Act (HR 2514)**, bipartisan legislation that closes loopholes in the Bank Secrecy Act, increases penalties for those who break the law, and helps provide financial institutions with new tools to fulfill their obligations under the law. This bill was introduced by Representative Emanuel Cleaver (D-MO) and Representative Steve Stivers (R-OH), and passed by a voice vote.

**The Financial Inclusion in Banking Act (H.R. 4067)**, a bill which requires the Consumer Bureau to study how to better address the needs of underbanked, unbanked and underserved communities. This bill was introduced by Representative David Scott (D-GA) and passed by a voice vote.

**The Equity Crowdfunding Act (H.R. 4860)**, a bill to subject crowdfunding vehicles to the jurisdiction of the Securities and Exchange Commission. This bill was introduced by Representative Patrick McHenry (D-NC), Ranking Member of the House Committee on Financial Services, and Representative Maxine Waters (D-CA), Chairwoman of the House Committee on Financial Services, and passed by a voice vote.

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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

## Tribute to Congressman Cummings You made my dreams come true

By Dr. Delarious O. Stewart

As a young journalism student at Southern University, I would watch Dee Dee Myers and wish for the opportunity to serve in that role. Ms. Myers served as Press Secretary during President Clinton's first two years in office. I watched in awe as she commanded the attention of the White House Press Core. I also admired how she handled the hard questions and never broke a sweat. I studied her every move and began dreaming of following in her footsteps.

Little did I know, I would one day get a call that placed me in a very similar role. That call was from a newly elected Member of Congress, Elijah Cummings.

When I flew to DC to meet with him for the first time, I sat in utter amazement. I thought hard about my great-grandmother, who fried chicken everyday so that I could go to college. I thought about my single mother who worked tirelessly to make sure I had what I needed, while she went without.

My heart was heavy, yet full. This new Member of Congress sat across from me and asked what I was thinking about. He asked me, what fed my soul, why I was interested in public service, how I thought I could contribute to creating a livable community for others and what motivated me.

After sharing my story, Congressman Cummings looked at me and said it would be his honor to have me join his team as Press Secretary and Director of Communications.

I was in utter disbelief. Congressman Cummings had just given me the opportunity of a lifetime. I couldn't

help wondering if that interview taught me more about myself than about him. He made that kind of personal connection with everyone he met, from the people of his district, to witnesses who testified at hearings, to whistleblowers who reported waste, fraud, or abuse.

From that day until his death, I would witness his courageous leadership, unmatched integrity, and commitment to justice and service.

In public, and even more so in private, he was inspiring. Whether in a hearing room full of Members of Congress, or in a quiet one on one conversation, his example motivated me to become my best self in service to others.

With a goal of moral clarity in all that he did, his purpose was always pure. He taught me that my lot should always be to "give a voice to the voiceless," including families whose drinking water had been poisoned; the little old lady who did not receive her social security check; or the elderly man who had to choose between paying for food or his medicine. But most of all, he inspired me to fight for vulnerable children and "generations yet unborn."

Early during my tenure, he told me that he did not want people on his staff who would "simply go along to get along."

He wanted staff who would challenge his thinking, yet, follow his vision. In exchange, he listened to me, respected me, and trusted me. He made sure that I knew he was proud of the work I was doing. Because of that, I was committed to doing everything in my power to fulfill his vision.

After joining his staff, I quickly learned that he was

demanding. He would call me in the middle of the night and expect me to answer. He would call me as I was headed to work to talk about a news story that he had already read or seen on television. I would overhear him talking to other Members, boasting that he had the hardest working staff on the Hill.

During one conversation, he shared with me that he was in the "3rd group" while in school. Simply put, he was in special education. He also shared that it was part of my job to help him in his quest to create laws that leveled the playing field. He said that he was tired of Black boys overpopulating special education, but not getting a seat at the table in gifted programs. He believed that our best course would be to strengthen funding to Head Start so that every child could have an opportunity at early education.

What I did not know at the time was that my lot was not to serve as a political communications professional. I later realized that my reason for being in Congressman Cummings' life for the season was to show me that my real advocacy was in schools working in special education and fighting for equal education opportunities for all students.

It was with him that I learned the "least among us" needed me. Congressman Cummings instilled in me that I had the privilege of advocating for children with disabilities. This privilege would afford me the opportunity to draw attention to unjust and unfair policies that caused children to slip through the cracks, fail to be recognized or not be given access to the supports and services needed

to reach their full potential. Congressman Cummings also taught me to thunder against injustice and on behalf of those who could not fight for themselves. Over the last years, I watched from afar as he vowed to keep battling until his "dying breath."

Guided by his faith and values, I watched as Congressman Cummings would look for, and bring out, the good in others, forming bridges through human connection.

He could be described as a unifying force, even at a time of partisanship. I have sat and watched him command order with a sharp rap of his gavel, elevate debate by noting that "we are better than that," and urge all of us to seek "not just common ground, but higher ground."

Words cannot describe the emptiness I now feel. I will forever remember his strong spirit and boundless energy. This void is devastating, but there is hope.

As was shared at his funeral, we must continue with passion and purpose. We must take our pain, turn it into our passion, and then make it our purpose.

He would often reach out to simply say, "I just called to thank you for all that you do." Today, I steal those words from him. Thank you, Mr. Cummings, for the impact that you made on my life. Thank you for inspiring me to make the world a better place than I found it. Thank you for giving voice to the voiceless and defending our democracy.

But most of all, thank you for making a little boy's dream come true. Rest on, Congressman Elijah E. Cummings.



A native of Franklinton, Dr. Delarious O. Stewart served as Press Secretary to Congressman Elijah E. Cummings. He also served as Press Secretary to the Congressional Black Caucus, and Congressman Cummings served as 1st Vice Chair. He is now a licensed school psychologist and works as a Director of Special Education.

# SPORTS PAGE

## 7 Day Weather Forecast for DFW

Thursday, October 31	Friday, November 1	Saturday, November 2	Sunday, November 3	Monday, November 4	Tuesday, November 5	Wednesday, November 6
H - 52° L - 32°	H-61° L- 40°	H- 58° L - 36°	H- 61° L- 45°	H-68° L-57°	H- 68° L-51°	H-65° L-52°

### Mavs rally to pin Nuggets with first loss



**(AP)** — The Dallas Mavericks are showing tremendous improvement since finishing 33-49 last season. The Mavs are 3-1 after turning an 11-point, third-quarter deficit into a 109-106 victory at Denver. Maxi Kleber had 14 points, seven rebounds and a key block late in the game to help Dallas hand the Nuggets their first loss in four games. Nine Mavericks players scored in double figures on a night their two top scorers were held in check. Luca Doncic (DAH-N'-chihch) finished with just 12 points and Kristaps Porzingis (KRIHS'-tahps pohr-ZIHN'-gihhs) added 10 with 14 rebounds. Denver's Nikola Jokic (nee-KOH'-lah YOH'-kihch) had his second triple-double of the season with 10 points, 10 rebounds and 10 assists. Paul Millsap contributed 23 points and eight rebounds in the loss.

### Dear Dietitian

Dear Readers,

It is estimated that the common cold is responsible for 150 million missed workdays each year in the United States (1). With cold and flu season fast-approaching, many of us will be headed to the nutrition supplement aisle in an attempt to ward off these nasty viruses. But do these supplements really work? We investigated four of them, and this is what we found:

- 1. Elderberry-** In one small study, elderberry syrup given four times daily was found to improve symptoms of influenza four days faster than placebo (2). In another study of 312 air travelers, those using elderberry had an average of a 2-day shorter duration of the cold and also experienced fewer symptoms (3). Larger studies need to be performed in order to confirm these results. Remember, it takes several studies before scientific value can be determined.
- 2. Vitamin C-** In a meta-analysis involving more than 11,000 participants, 200 mg of vitamin C daily did not reduce the risk of getting a cold for the general population. However, the same dosage did reduce the length of the illness by about one day (4). In order to obtain this benefit, the supplement must be taken every day, not only when you realize you are getting a cold.
- 3. Zinc-** In a review on zinc and the common cold, researchers Meenu Singh and Rashmi R. Das found that taking zinc within 24 hours of symptom onset, the illness was reduced by about one day, and the severity of symptoms was also reduced (5). It is important to note that excessive amounts of zinc can cause copper deficiency, anemia, and damage to the nervous system. Also, in 2014 the FDA warned against the use of zinc nasal sprays due to permanent loss of smell in more than one hundred people. The tolerable upper limit of zinc is 40 mg per day for adults, less for those under the age of eighteen.
- 4. Echinacea-** While echinacea has been shown to stimulate the production of immune cells, studies are mixed when it comes to preventing the common cold and the severity of its symptoms. Overall, some estimate it may reduce your chances of getting a cold by 10-20% (6,7).

Given the modest effect of dietary supplements on the prevention of the common cold, the best defense may be good old-fashioned self-care: Eat right; get plenty of sleep; exercise regularly; and wash your hands frequently.

**Until next time, be healthy!**  
Dear Dietitian

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*Disclaimer: The information in this column is intended for educational purposes and is not a substitute for medical advice. Talk to your doctor before beginning any dietary supplement regimen.*

*Leanne McCrate, aka Dear Dietitian, is an award-winning dietitian based in Missouri. Her mission is to educate consumers on sound, scientifically-based nutrition. Do you have a nutrition question? Email her today at [deardietitian411@gmail.com](mailto:deardietitian411@gmail.com). Dear Dietitian does not endorse any products, health programs, or diet plans.*

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## News You Ought to Know

### Police: Officer shoots son after mistaking him for intruder

**DESOTO, Texas (AP)** — Authorities in the Dallas area say an off-duty officer shot and wounded his adult son after mistaking him for an intruder.

The incident happened Saturday evening in DeSoto, about 10 miles south of Dallas. DeSoto police say the caller told officers that he accidentally shot his adult son in their home. The caller also identified himself as a Dallas police officer.

Police say the son was transported to an area hospital with non-life-threatening injuries.

The circumstances of the shooting remain under investigation and no arrests have been made. Authorities did not release the identity of the officer and his son.

### AT&T: 3Q Earnings Snapshot

**DALLAS (AP)** — AT&T Inc. (T) on Monday reported third-quarter net income of \$3.7 billion.

The Dallas-based company said it had net income of 50 cents per share. Earnings, adjusted for non-recurring costs and amortization costs, were 94 cents per share.

The results topped Wall Street expectations. The average estimate of 15 analysts surveyed by Zacks Investment Research was for earnings of 93 cents per share.

The telecommunications company posted revenue of \$44.59 billion in the period, falling short of Street forecasts. Thirteen analysts surveyed by Zacks expected \$44.98 billion.

AT&T shares have risen 29% since the beginning of the year, while the Standard & Poor's 500 index has increased 21%. The stock has increased 27% in the last 12 months.

### Branch Out Dallas Tree Giveaway on Nov. 2

**Dallas, TX** — The City of Dallas sponsored Branch Out Dallas tree giveaway program is set to give out 2,500 free 5-gallon hardwood trees to Dallas residents who reserved a tree on Saturday, November 2, 2019, from 9:00 a.m. to 12:00 p.m. at six different locations. This brings the total number of free trees distributed to more than 5,000 since the program was first introduced in March 2019.

City staff and volunteers will be distributing the trees at six locations:

- A. Tatum, Jr. Elementary School, 3002 N. St. Augustine Dr., 75227
- Hector P. Garcia Middle School, 700 E. 8th Street, 75203
- June Shelton School, 15720 Hillcrest Rd., 75248
- Justin F. Kimball High School, 3606 S. Westmoreland Rd., 75233
- The Village Church — Dallas Northway, 3877 Walnut Hill Ln., 75229
- White Rock Church of Christ, 9220 Ferguson Rd., 75228

Branch Out Dallas is limited to Dallas residents. A Dallas Water Utilities bill or government-issued identification will be required on Tree Pick-up Day. Residents will also receive instructions on how to plant their free tree provided through Branch Out Dallas.

Residents seeking more information may visit <https://dallascityhall.com/branchoutdallas> check with any Dallas Public Library location or send questions to [branchoutdallas@dallascityhall.com](mailto:branchoutdallas@dallascityhall.com).

### Colonel testifies he raised concerns about Ukraine, Trump

By **LISA MASCARO, MARY CLARE JALONICK and COLLEEN LONG**

**WASHINGTON (AP)** — Defying White House orders, an Army officer serving with President Donald Trump's National Security Council testified to impeachment investigators Tuesday that he twice raised concerns over the administration's push to have Ukraine investigate Democrats and Joe Biden.

Alexander Vindman, a lieutenant colonel who served in Iraq and later as a diplomat, is the first official to testify who actually heard Trump's July 25 call with new Ukrainian President Volodymyr Zelenskiy. He reported his concerns to the NSC's lead counsel.

Vindman also told investigators he tried to change the White House's rough transcript of the call by filling in at least one of the omitted words, "Burisma," a reference to the company linked to Biden and his son, according to people familiar with his testimony. But Vindman was unsuccessful.

His concerns, though, were far bigger than the transcript. And lawmakers said his failed effort to edit it didn't significantly change their understanding of what transpired during Trump's call that sparked the impeachment inquiry.

Vindman's arrival in military blue, with medals, created a striking image at the Capitol as the impeachment inquiry reached deeper into the White House. He testified for more than 10 hours.

"I was concerned by the call," Vindman said, according to prepared remarks obtained by The Associated Press. "I did not think it was proper to demand that a foreign government investigate a U.S. citizen, and I was worried about the implications for the U.S. government's support of Ukraine."

Vindman, a 20-year military officer, added to the mounting evidence from other witnesses — diplomats, defense and former administration officials — who are corroborating the initial whistleblower's complaint against Trump and providing new details ahead of a House vote in the impeachment inquiry.

"I am a patriot, and it is my sacred duty and

honor to advance and defend OUR country, irrespective of party or politics," wrote Vindman, who was wounded in Iraq and awarded a Purple Heart.

"For over twenty years as an active duty United States military officer and diplomat, I have served this country in a nonpartisan manner, and have done so with the utmost respect and professionalism for both Republican and Democratic administrations," he wrote.

### Home Improvement and Preservation Program opens on Nov. 4

**Dallas, TX** — The Department of Housing & Neighborhood Revitalization's popular Home Improvement and Preservation Program (HIPP) is scheduled to open on Nov. 4, 2019.

City staff is hosting a series of orientation workshops to educate potential applicants about changes to the program. The workshop will discuss how the retooled HIPP works and will provide information about the application process.

The application process will be completed online this year, marking a major change in the program. Applicants can login to check on the status of their application 24 hours a day, seven days a week. City staff will be available during normal business hours to answer questions as well.

Upcoming orientation dates and locations are as follows:

**Churchill Recreation Center**  
Oct. 31 @ 10 a.m. to 12 p.m.  
6906 Churchill Way

**Salvation Army**  
Oct. 31 @ 10 a.m. to 12 p.m.  
8341 Elam Rd.

**Dallas City Hall**  
Nov. 1 @ 10 a.m. to 12 p.m.  
1500 Marilla St., L1 auditorium



## Dallas ISD Racial Equity Office Quarterly Column October 2019

### Racial Equity at Dallas ISD: Innovation Changes the Landscape of Public Education for Underserved

A year and a half ago, with support from the superintendent and the Trustees the Dallas ISD's Racial Equity Office was established to identify and remove obstacles to creating a level playing field for all students to succeed. The department is already making a positive impact with an intentional, focused and measurable approach. During its first year, the office worked to identify inequities in the district, not only in student achievement, but in student access to things such as technology, specialized programming and well-maintained facilities. As it celebrates its first year and a half, the office has led the way in the implementation of three major initiatives that are reshaping the landscape of quality education for Dallas' children.

#### Expanded Free Pre-K

Decades of studies have shown the positive impact early learning has on a child's education. Yet, the cost of quality early learning programs prohibits many children from participating. Executives with the Racial Equity Office worked with the district's Early Learning department to develop the pre-K scholarship policy to address structural racial inequities. The new pre-K scholarships bring the long-lasting benefits of prekindergarten to more families. The State of Texas has six eligibility requirements for families to qualify for free pre-K. The district's new scholarship policy opens three additional ways families can qualify for free pre-K in Dallas ISD.

"It's to the advantage of our district and students to have as many students participate in our pre-K program as possible," said Leslie Williams, Racial Equity Office deputy chief. "We know the data shows that when our students participate in pre-K programs, they go on to significantly greater success in the following years."

#### Opening Dialogues through Introduction of Inclusive History Electives

America has often been likened to a patchwork quilt with bits and pieces coming from many sources. Unfortunately, American history courses often do not include the stories and contributions of persons of color. To address the need for a more inclusive curriculum, the Racial Equity Office gathered a team of local and national scholars to work on drafting an ethnic studies curriculum. The result is an innovative African American Studies course that was introduced on 23 campuses this school year. The course is being offered as an elective and provides students the opportunity to learn about mathematics, art, sociology, music and literacy through historical and cultural lenses. Two years ago, Dallas ISD incorporated a course on Mexican American studies. The African American Studies curriculum is currently under review by the State Board of Education for adoption and implementation state-wide. "Now students from all over the state will benefit from the work that has been accomplished," Williams said.

#### One-to-One Technology

As part of the district's long-range technology plan, all ninth through 12th-grade high school students are receiving Chrome books for use at school and at home. But what about the students who live in technology deserts where Wi-Fi access is limited? Having a Chromebook alone doesn't provide these students with equitable access to online resources. Thanks to a generous donation from Sprint's 1Million Project Foundation, 5,747 students at Lincoln, Madison, Roosevelt, South Oak Cliff, Pinkston, and Wilmer-Hutchins high schools received free hotspots along with their Chromebooks. This is a game-changer for these students, providing equitable access to online resources not just at school, but also at home.

The work being done by the Dallas ISD Racial Equity Office has far-reaching impact. But despite these major innovations, the work has just begun. "The plan is for the Racial Equity Office in Dallas ISD to set the standard for the country," Williams said. "We plan to have school districts from all over this country to benefit from our collaborations with district departments and industry partners." We invite you to connect with the Dallas ISD Racial Equity Office by following us on our website at [Dallasisd.org/racialequity](http://Dallasisd.org/racialequity) and on social media.

## Detecting and fighting breast cancer

Parkland experts recommend women over the age of 40 receive mammograms every year. Detecting certain breast cancers in the early stages increases your chance of survival. Take a look at the different types of breast cancer screenings.

**Mammograms:** A mammogram is an X-ray of the breast and the best way to detect breast cancer before it is big enough to be felt or cause symptoms. It is important to begin getting a yearly screening at age 40.

**Clinical breast exam:** A clinical breast exam is when a doctor or nurse uses their hands to look for any lumps or changes.

**Breast self-exam:** Self-exams are when you feel your own breasts for lumps or changes in size and shape. You should also feel for any changes in your armpit.

Parkland doctors who treat cancer say keeping a healthy weight through nutrition and exercise can help protect you from many diseases, including breast cancer. Try these healthy eating habits to help keep breast cancer away.

- Use extra virgin olive oil every day for cooking and in salads
- Eat nuts like walnuts, hazelnuts or almonds
- Snack on fruit and add more vegetables to your meals
- Lower the amount of sugar and saturated fat in your diet
- Avoid hormones and pesticides in foods
- Women should not have more than 1-2 drinks of alcohol a day

Talk to your doctor about your diet and make sure you get your breasts checked regularly by your doctor. Every Saturday from 8 a.m. to 1 p.m., during the month of October, Parkland is offering no-cost mammogram screenings (ages 35 and up). For a list of dates and locations, please visit the community calendar at [www.parklandhospital.com/community-calendar](http://www.parklandhospital.com/community-calendar).

## Prince's anticipated, posthumous memoir is ready for fans

Continued from Page 1

"There was a sense even from the start that it couldn't really be happening," Piepenbring told The Associated Press of his involvement. "It felt very surreal. There was also just a sense of joy, I think, at the possibility of meeting someone that I held in such high regard, someone whose music had been the soundtrack to the better part of my youth."

The book out Tuesday from Spiegel & Grau includes no bombshells, though Prince very much wanted to provide some, and a mere 28 memoir pages written in his elegant script and quirky style, replacing the word "I" with a drawing of a human orb, for instance. All told, Piepenbring spent 12 to 15 hours face-to-face with Prince in Minneapolis, New York and on tour in Melbourne.

Their last conversation was just four days before Prince died. It was focused on his parents and their conflicting influences in his life. His father, John L. Nelson, was a disciplined, God-fearing jazz musician with an explosive temper. His mother, Mattie Della Shaw, was a beautiful, fun-loving party girl with a stubborn, irrational streak — and a sneaky flair, as Prince wrote:

"She would spend up what little \$ the family had 4 survival on partying with her friends, then trespass in2 my bedroom, 'borrow' my personal \$ that eye'd gotten from babysitting local kids, & then chastise me 4 even questioning her regarding the broken promises she made 2 pay me back."

The tumultuous nature of his parents' relationship had a lasting impact.

"The wound of Ur parents fighting is chilling when U're a child," Prince wrote. "If it happens 2 become physical, it can be soul-crushing."

Their conflicts, divorce when he was 7 and the dual impact on Prince and his work is the book's prevailing theme.

"So much of his writing is about division in some way and the fight to make oneself whole again," Piepenbring said. "There's this kind of brokenness that he's always working to repair."

Prince writes that his first memory was his mother's eyes, describing her habit of throwing conspiratorial winks his way.

"Sometimes when my father wasn't playing piano he'd say something 2 my mother & she would wink at me. She never told me what it meant and sometimes it would be accompanied by a gentle caress of her hand 2 my face. But eye am quite sure now this is the birth of my physical imagination."

Prince had big ideas for the book, considering at one time a "how to" on making it in the music business without selling your soul. At another point, he suggested that he and Piepenbring figure out a way to end racism. At still another, he wanted to focus on the importance of creative freedom.

"I think he was really in the process of excavating his past with a level of detail and specificity that maybe he had avoided before," Piepenbring said. "He had come to the realization that he really was in many ways the sum of his mother and father and they were the, sort of, two poles of his being."

Prince wrote on other subjects as well, including puberty (his stepfather took him to R-rated movies at a drive-in as a stand-in for the birds and bees talk), the blackouts and seizures he had as a child and his first kiss, with a girl of just 5 or 6. They'd play house.

Piepenbring wrote a lengthy introduction explaining his encounters with Prince and how the book was completed. He wasn't allowed to take notes during their first meeting so he was forced to reconstruct the conversation. Some of their chats are printed as marginalia in the book. There's an abundance of hand-drawn childhood doodles and cartoons, along with lyrics Prince often wrote on whatever was handy, including a brown paper bag.

There's a photo album Piepenbring unearthed at Paisley Park that a sleepless Prince decided to put together in 1977 at age 19, only days from completing his debut album, "For You." With witty remarks written in pencil, Prince sits on the hood of his first car in one shot. In another, he snapped his first paycheck from Warner Bros.

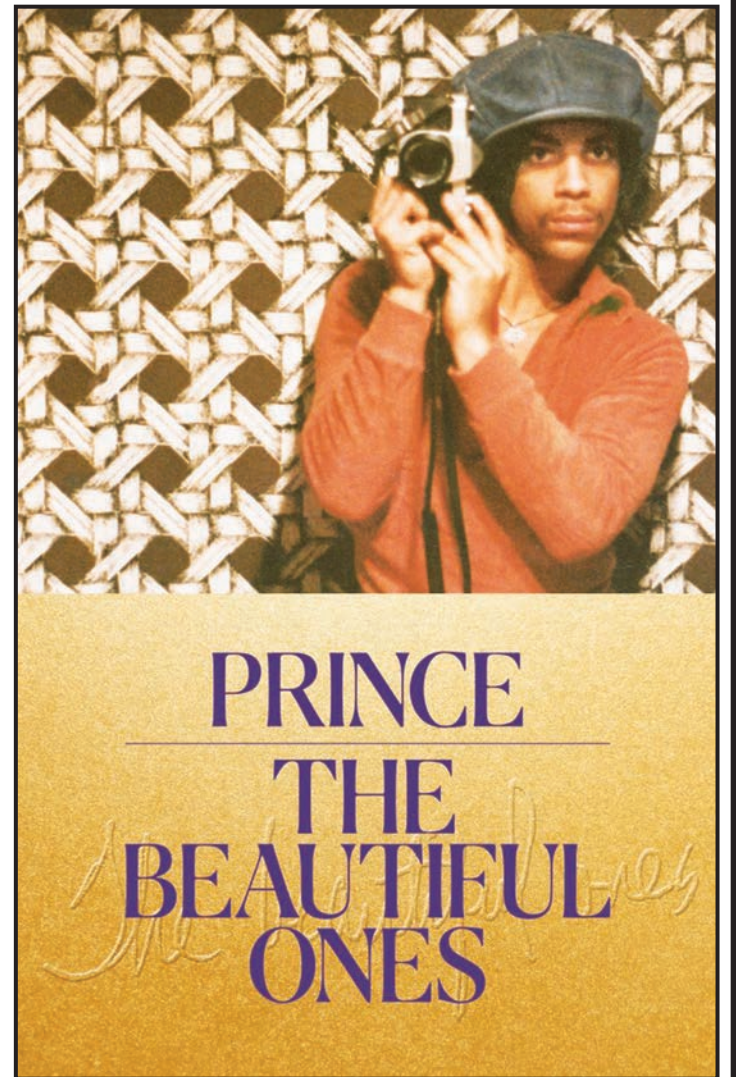
There's also an early outline he wrote for the 1984 film "Purple Rain" with an even darker story line than the one that made it onto screens. The film, based loosely on his life, won Prince an Oscar for best original sound score. In the 1982 treatment, "The Kid" character Prince plays is a diagnosed schizophrenic who as a child watches his mother shoot his father dead, then turns the gun on herself.

Prince had envisioned playing both his mother and father in flashback scenes. The finished film, not written by Prince, involves a suicide attempt with a gun that the father survives.

Many of the photos in the book are familiar to hardcore fans and it includes a heavy dose of previously published interviews with Prince. From the start, it was clear to Piepenbring that Prince envisioned him as something more than a ghostwriter.

Prince was looking for a second voice to bring his vision alive in print, almost "like a sounding board," said Piepenbring, who is based in New York and was working for Paris Review when, at age 29, he was chosen for the book.

As for what might have been, Piepenbring said, "I think we would have gotten more of his story than we've ever seen, and I think we would have gotten not just this book but a number of books from him. He told me that he wanted to write a lot of books, and I really think he was serious about that."



## John Conyers, Jr: Raw Bravery



My Day  
By Dr. J. Ester Davis

John Conyers (1929-2019) was an American Hero, a U. S. Congressman, a political institution in Washington, DC, and one of the longest serving African American law makers in congress. He was a true jazz aficionado, and the 44th Dean of the United States House of Representatives. His duty to this country stretches long and wide.

I have met John Conyers, Jr., on several occasions. One of my fondest memories is attending the Congressional Black Caucus (CBC) in the early days as a then 'petite model' centered around the CBC Midnight Fashion Show. John

Conyers came backstage minutes before the show to thank us for coming in to DC. During the Marion Barry era, I attended, hosted shows for DCCable with the masterful Marion "Duke" Greene. Mr. Conyers could not make it into the studio this particular time, called in instead at the last minute.

In 2017, I attended the Congressional Black Caucus and served on a panel for Black Press USA as a Staff Writer for The Dallas Post Tribune, with five (5) other journalist and bloggers from around the country. After the panel session, we were chauffeured over to the Michigan Delegation Reception hosted, of course, by John Conyers, Jr., the Honorable U. S. Congressman serving Western Detroit.

John Conyers, Jr., will be remembered for so many worthy moments in our history, but there are a few that will remain with the American people forever. When Rosa Parks had difficulty remaining in Montgomery, Alabama, after the bus boycott, John Conyers, Jr., moved her to Detroit where she served on his staff from 1965 to 1988. He was an original member of Nixon's Enemies List. In 1989, John Conyers championed the Commission to Study Reparation for African American Act. History will write his name as this act unfolds.

During the Obama Administration and the survival of the automobile industry, John Conyers, Jr., exercised all his resources as a former union organizer and UAW Member to seal the everlasting security of General Motors and other manufacturers. It is widely known in Detroit that John Conyers, Sr., was also a union organizer and international representative with the United Auto Workers Union.

Long live the Dean.

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